

EMPANADA DOUGH



INGREDIENTS:

- 1 3/4 cups whole wheat flour
- 1/2 cup vital wheat gluten
- 1/2 tsp salt
- 2 oz light margarine
- 2 oz butter (unsalted)
- 1 egg
- 1/3 chilled water

DIRECTIONS:

1. Mix flour, vital wheat gluten, and salt
2. Add dry ingredients, butter, margarine, egg, and chilled water to a food processor
3. Pulse and blend until all ingredients are incorporated
4. Knead the dough to ensure it is well mixed
5. Set in the refrigerator while you prepare the filling (20-30 minutes) *Note: don't leave the dough on the counter as it will not hold its shape
6. Once filling is prepared, set it aside and allow it to cool
7. Remove the dough from the fridge, roll out the dough to about 1/4 inch thickness. Use a ~3-4 inch mold to cut circles
8. Roll out each circle to ~5 inches in diameter
9. Fill each with ~1/4 cup filling. Close the edges and set on a cooking sheet. *Note: ensure filling is cool to the touch.
10. Brush each empanada with an egg wash. Bake at 350 F for 45 minutes. Disfruten! (Enjoy!)

Makes 12 | 1 Empanada w/o filling
Calories: 133 | Protein: 6 g | Carb: 13 g | Fat: 7 g | Fiber: 2 g